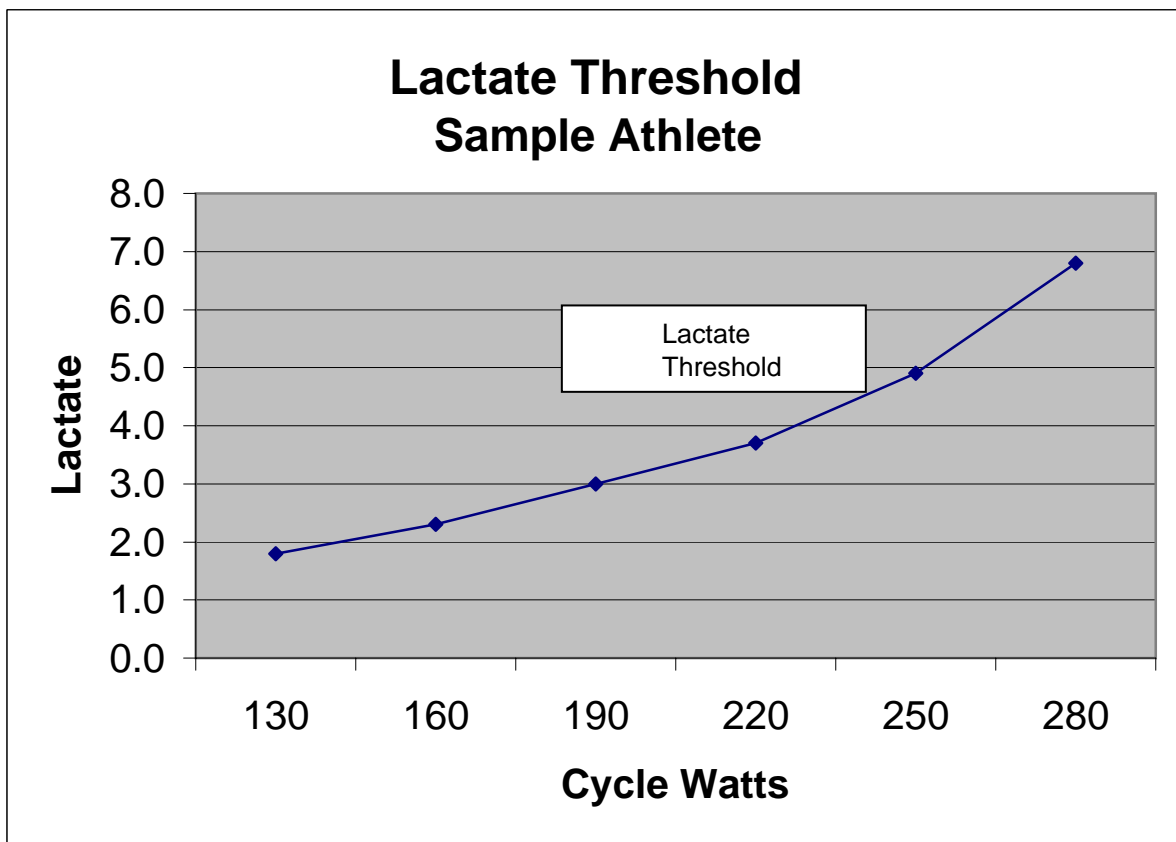


Watts	Lactate	HR
130	1.8	139
160	2.3	145
190	3.0	153
220	3.7	161
250	4.9	168
280	6.8	175

MAX	Lactate	15.3
	VO2 ml/kg	70.6
	HR	190
	Watts	400
Rec. HLA	4 min	9.2



Lactate Threshold (AT)	
% VO2 Max	81%
Watts	225
VO2 ml/kg	57
HR	163